



All courses are offered on Zoom unless otherwise noted. You must register to receive a Zoom link. To register, please call 1-800-748-7826 or by email at [information@goaging.org](mailto:information@goaging.org). You can also register online at <https://goaging.org/events>. All times are CST.

Date(s) & Times	Class Descriptions
<b>Education</b>	
Oct. 27 to Dec. 1, 2021 Wednesdays 1:30 to 4:00 p.m.	<a href="#"><u>Chronic Pain Self-Management</u></a> – This six-week class includes information about nutrition, exercise, communication, and planning so that you can achieve your goals with managing your chronic pain.
Thursday Oct. 28, 2021 11:30 a.m. to 12:30 p.m.	<a href="#"><u>Self-Defense Basics</u></a> – In this one-hour self-defense course, Sgt. Jason Gilbert with the Warrensburg Police Department will focus on safety tips and how to avoid being targeted, as well as basic techniques for fending off an attacker.
Nov. 1, 15, & 29, 2021 Mondays 9 to 11 a.m.	<a href="#"><u>Mind Over Matter</u></a> – This program for women is based on research that doing certain exercises and making certain diet changes improve bladder and bowel health. The activities in this workshop are based on scientific evidence on how people can make changes to improve their health. This workshop is designed to empower women to improve their bladder and bowel symptoms on their own.
Nov. 8 to Dec.13, 2021 Mondays 1:30 to 4:00 p.m.	<a href="#"><u>Diabetes Self-Management Program</u></a> – This evidence-based program is designed to promote self-management of diabetes among individuals. Subjects include: the role of nutrition and exercise in self-management, medication management, ways to communicate with family, friends and healthcare providers, and making a weekly action plan.
Part 1 Monday Nov. 11, 2021 9 to 11 a.m. Part 2 Tuesday Nov.12, 2021 9 to 11 a.m.	<a href="#"><u>Money Smart for Older Adults</u></a> – In this free, two-part course, you’ll learn important points to consider in planning for a more secure financial future, including how to guard against and report identity theft and other forms of financial exploitation or scams, as well as how to prepare financially for unexpected life events and disasters. Part 1 covers Financial Exploitation and Identity Theft, and Part 2 covers Preparing for Unexpected Life Events.
Nov. 30, 2021 Tuesday Noon to 1 p.m.	<a href="#"><u>Five Wishes</u></a> – Learn about the “Five Wishes” advance health-care directive. We will also explain “I Have Put My House in Order.” Both are fill-in-the-blank booklets that provide essential information about one’s home, family, estate planning, funeral plans, finances, and life insurance. Please provide a mailing address when registering so that you can receive your free copies of the booklets.
Dec. 1 to Dec. 22, 2021 Mondays & Wednesdays 8:30 to 9:30 a.m.	<a href="#"><u>Total Brain Health</u></a> – The Total Brain Health course is your guide to building better focus, sharper thinking, and improving your overall well-being. Brain training should not be boring! Developed by Dr. Cynthia Green, a leading cognitive wellness expert and author, the course gives you an “hands on” fun workout that engage the body, mind and spirit.
Jan. 10 – Mar. 14, 2022 Mondays 9:30 – 11 a.m. <b>There is a \$30 fee for materials.</b>	<a href="#"><u>Aging Mastery Program (AMP)</u></a> – Life expectancy has increased dramatically over the past 50 years. The Aging Mastery Program can help you live better and thrive! This fun and engaging course helps turn positive lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and a more fulfilling social life. Classes combine evidence-informed materials, expert speakers, and group discussions focusing on aging well and enjoying longevity.
1 <sup>st</sup> and 3 <sup>rd</sup> Monday of each month at noon Facebook Live	<b>Medicare 101</b> – For adults new to Medicare or preparing for retirement. The workshop covers eligibility, enrollment, benefits, and costs associated with Medicare. On Facebook Live at <a href="https://www.facebook.com/goaging.org/">https://www.facebook.com/goaging.org/</a>
Recurring on the last Monday of each month at noon Facebook Live	<b>Are You Smarter than a Scam Artist?</b> – Presented by the Missouri Senior Medicare Patrol (SMP), this free, interactive workshop focuses on how to detect, prevent, and report Medicare fraud, identity theft, and other scams. On Facebook Live at: <a href="https://www.facebook.com/goaging.org/">https://www.facebook.com/goaging.org/</a>

3 <sup>rd</sup> Wednesday of March, June, September, and December 1 p.m.	<b>Benefits Jeopardy</b> – Do you know all the benefits that are available to you? Some of them may surprise you! Join us for this fun and educational game to learn more. The next session will be Wednesday, December 22.
<b>Recreation</b>	
Begins Oct. 18, 2021 Mondays 4 to 5 p.m.	<b>Creators Connection</b> – Do you like to paint, knit, or quilt? Whatever you prefer, join other creators as we share what we are working on and chat while we craft. This is a great opportunity to socialize while setting aside an hour a week to work on your current projects, get feedback, or see if anyone can help if you are stuck. Everyone and every craft are welcome!
<b>Exercise</b>	
Oct. 11 to Nov. 17, 2021 Mondays & Wednesdays 8:30 to 9:30 a.m.	<b>Walk with Ease</b> – This program developed with the Arthritis Foundation has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength, and walking pace, and improve overall health.
Dec. 6, 2021 to Feb. 9, 2022 Mondays & Wednesdays 11 a.m. to noon	<b>Bingocize®</b> – mixes exercise, health education, and bingo to help overcome health problems in participants. It is beneficial for all ranges of physical ability. Evidence shows social, cognitive, and physical improvements from doing Bingocize®, and the best part is that it's fun!
Begins Oct. 29, 2021 Fridays 9 to 10 a.m.	<b>Chair Yoga</b> – Chair Yoga is a variation of traditional Yoga using a chair for improved balance and stability. It can safely improve your health and is an excellent way to gently loosen and stretch painful muscles, increase flexibility, strengthen the body, improve circulation, enhance range of motion, calm the mind, and increase body awareness as you move. Breathing exercises promote focus, mental clarity, and relaxation. Regular yoga practice can influence the chemical balance of the brain which in turn can improve your mental state.
Nov. 9 to Dec. 30, 2021 Tuesdays & Thursdays 8 to 9 a.m.	<b>Beginner's Tai Chi for Arthritis</b> – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength, and flexibility, decreases pain, and helps prevent falls. After completing this course, participants will be ready to join our weekly Tai Chi sessions at 9 a.m. or 5 p.m.
Tuesdays & Fridays 10:30 to 11:30 a.m.	<b>Zumba® Gold</b> – We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. You don't need any dancing ability, and exercises can be done seated or standing.
Mondays & Wednesdays 10 to 11 a.m.	<b>Silver Sneakers (Lafayette County residents only)</b> – focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights or elastic tubing with handles. Often, a chair is used for seated exercises or standing support.
Tuesdays & Thursdays 9 to 10 a.m. and/or 5 to 6 p.m.	<b>Tai Chi for Arthritis</b> – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength, and flexibility; decreases pain; and helps prevent falls. Not for beginners.
Tuesdays & Thursdays 10 to 11 a.m.	<b>Exercise with Bobbie</b> – Helps to increase strength, improve flexibility and balance, boost activity levels, and elevate mood.

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Visit us at [www.goaging.org](http://www.goaging.org) to keep up with what's going on with Connect! Online, our collection of entertaining and educational workshops and support groups for older adults. You can also find us on Facebook at [Facebook.com/goaging.org](https://www.facebook.com/goaging.org)

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**Your Center, Without Walls!**